

Six Strategies to Beat Anxiety Now



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If you suffer from high anxiety, chances are that you deal with stress, tension and other symptoms far too often. If you are ready to reclaim your calm, you can get started today with these six proven strategies.

Practice Deep Breathing

Many people with excessive anxiety breathe shallowly, which can actually increase physical symptoms such as rapid heart rate, chest pains and lightheadedness. Since shallow breathing typically occurs at the onset of anxiety, it can be difficult to overcome. You can start by practicing deep breathing for set intervals throughout your day. Focus on holding each breathe for three seconds and then slowly let it out. This technique is the easiest way to instantly reduce anxiety and its physical symptoms.

Declutter Your Life

Clutter -- whether physical or mental -- raises anxiety. Getting rid of clutter and emotional baggage is the key to controlling your calm. Start by organizing your living and work space to reduce anxiety caused by misplacing essential items and excessive stimuli. When it comes to letting go of mental clutter, you may need help from a reputable therapist. If you choose to do it alone, make sure you have a strong support system in place.

Sleep More

Lack of sleep is a main contributor to excessive amounts of anxiety. Establishing a daily nighttime routine is the most effective way to ensure that you get enough shut-eye. Make sure that you get at least eight hours of sleep each night. If you have a tough time falling asleep, eliminate potential causes such as late night snacking and electronic usage two hours before going to bed.

Improve Your Diet

Certain foods can raise your anxiety levels. Red meat, sweets and simple carbohydrates are all well-known culprits. Reduce your intake of these foods and replace them with healthier options, such as vegetables, fruits and whole grains.

Get Some Giggles In

Laughter has been proven to reduce depression and anxiety and is one of the simplest ways to instantly reduce symptoms. Watch a funny video or recall humorous memories with a friend. However you decide to do it, be sure to get some giggles in throughout each day.

Be Proactive

If your anxiety is mainly caused by things that you can control such as a hectic schedule, you can reduce it by being more proactive. Start by writing down all of the things that make you anxious. Create a straightforward and achievable plan to resolve each problem. For example, if your work schedule leaves you with limited free time, consider downsizing your finances so you can enjoy more time to yourself. Simple changes in your [lifestyle](#) can help you achieve more calmness and mental clarity.

Anxiety is something that you can control, whether you believe it or not. When it strikes, you can fight back by incorporating these six strategies into your daily routine.

“Teach your child powerful anxiety relief techniques at www.gozen.com“